

How I Improved Jean Hill's Complexion

By
Antoinette Donnelly



When Using Towel, Rub Upward and Outward.



Stimulating Forehead Circulation and Massaging Eye Wrinkles with One Movement.

Three Hundred and Sixty-five Days a Year Drying with Downward Rub Can't Help but Cause Muscles to Sag.

If you missed the Antoinette Donnelly series telling how she reduced Mrs. Eva Lane thirty-six pounds in six weeks, or how she added twenty pounds in five weeks to Miss Helene Barnett's weight, or how she corrected a head of dry, thin, falling hair and an oily scalp with dandruff, or the previous article on Miss Hill's complexion, send a stamped, self-addressed envelope and the information will be mailed to you. Any other questions pertaining to beauty and hygiene will be gladly answered.

Stubborn Blackheads on Nose Need Vigorous Massage.

AS I said in last week's story on how I improved the complexion of Miss Jean Hill, it takes patience and perseverance to get rid of blackheads and acne and other skin disorders. My model worked earnestly and sincerely, doing exactly what she was told to do for the first two weeks without seeing much improvement. But at the end of the third week her face, which had a gray and rather dirty color, began to look better and other improvements were noticeable.

Miss Hill's face was covered with blackheads and quite a number of pimples. She was so sensitive and unhappy about her complexion that she never wanted to go anywhere. Now her whole viewpoint on life is changed. She is happy and her appearance is wonderfully improved with the clearing and cleaning up of her skin.

It took about two months' hard work to accomplish this result. The work was not as hard as it was persistent. Overcoming blackhead troubles demands the most persistent effort or nothing is accomplished. It will not do to take extra pains with your skin today, giving it all the necessary cleansing and massage, and then tomorrow let it go neglected. The good work of the day before is undone.

Any number of girls with skin troubles seem to think a cure may be accomplished by using magic cold creams and massages. Local applications do help, but there are other things more important in the care of the skin. The diet and bathing and keeping the bowels free are the most important features.

Overeating and eating the wrong kind of food are responsible for much of the skin troubles seen and suffered. It is hard to designate just how much any one individual should eat. But it stands to reason that if you fill your body furnace with a quantity of fuel entirely beyond that necessary to furnish the energy you expend, trouble will accrue. The effect of this constipation will show directly in the skin in a greasy, muddy complexion, and in a flushed face. Eat too little rather than too much and be sure that what you eat is good for you.

Miss Hill had to eliminate from her diet

candies, highly spiced dishes, rich soups, hot breads and biscuits, rich gravies, pork and veal, rich salad dressings, for which she substituted fruits and vegetables (both of which are laxatives), eggs and milk, and fresh meat once a day. Bran bread was substituted for the white.

I started her in drinking water freely, never less than three pints a day and sometimes more. She drank the water on arising and between meals—not at meals—and before retiring. This washing out of the tissues shows directly on the skin.

The twice daily bathing which Miss Hill never neglected after she started working with me is deserving of no small share of appreciation in her improved skin. At night just before retiring she took a warm bath and once a week a hot bath—so hot that after she got into bed a heavy perspiration resulted. Care, of course, must be exercised in doing this so as not to get cold. There is no danger, however, if you hop right into bed and keep yourself well covered. The warm bath is taken for its cleansing effect; the cold shower which Miss Hill took every morning for its constitutional effect. It stimulates the activity of the blood tissues.

I gave Miss Hill no special set of exercises for improving her complexion, but her work being sedentary, it was necessary that she take exercise every day. In the morning she took deep breathing for about five minutes before taking the cold plunge. Then she walked three miles on her way to and from work each day and at noon she took a fifteen minute walk.

It isn't surprising that so many girls who work are troubled with these skin disorders for two reasons. The majority do not exercise enough to keep their blood tissues active, and the other reason is indicated by a glance in at any restaurant or cafeteria and the revelations of bad sense that are exhibited on so many plates. Pastries and pickles and ice cream too often form the meal that is expected to build up good healthy constitutions.

All a girl who is troubled with blackheads and poor skin needs to do to see the value

of exercising is to take an hour's walk. It's not an exaggeration to say that there is a decidedly clearer look to the skin.

As I said in my previous article, if a woman is anemic or is suffering from some chronic disorder the advice of a physician should be sought and followed before a cure is expected.

The thing that you must realize and that I thoroughly impressed upon Miss Hill was that first of all the general health has to be treated before effort is wasted in acne creams and lotions.

The greasiness of the skin from which my model suffered is a condition almost invariably associated with indigestion, and this was overcome by her plainer diet and constant attention to her bowels. The frequent application of alcohol rubbed over the face with fresh absorbent cotton is a local remedy quite effective, and one that helped Miss Hill. She applied it twice a day.

In last Sunday's story I described the value of massage and several of the massage movements practiced by Miss Hill, and gave the acne cream formula she used. I shall repeat the formula here: Lanolin, 5 grams; sweet almond oil, 5 grams; precipitate of sulphur, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops. After having cleaned her face carefully with a cleansing cream and having opened up with a sterilized needle the pimples containing pus and removed the blackhead which is always found under these circumstances, Miss Hill covered her face with the above acne cream and massaged thoroughly. Just a few blackheads were removed at a session to avoid an irritated look to the face.

Around the nose the blackheads accumulated most heavily on Miss Hill's face, as they do in almost every case. Especial massaging with one finger, working from the bridge of the nose down the side and taking in at the same time the wrinkles under the eyes with a soft but firm movement was given. These nose blackheads are the most stubborn and especially those at the sides of the nose.

As a general rule, the persistent evening scrubbing with green soap and a flesh brush followed by the application of the acne cream

will be effective in remedying things. But with Miss Hill the first month she did not use water on her face at all until the pimply condition was overcome. Where there are no pimples the use of the brush and soap (castile or any good soap which cleanses well your skin) is recommended.

After the massage and after having rubbed off the excess cream I had Miss Hill apply pads of cotton wet well with witch hazel and let remain ten minutes. Then she rubbed plain ice to still further tone the skin and close the pores. Camphorated ice is good for this purpose, too. If your complexion trouble is enlarged pores, have a bottle of witch hazel always on hand and use it frequently. It is more effective when warmed before application.

Remember when you are trying to fight these acne troubles that a run down condition of the skin glands is the cause. They are too sluggish to throw off the waste matter and as a consequence the pores become clogged with the hardened fat substances commonly called blackheads. If these remain long in the skin they will develop into ugly pimples so you can see the advantage of fighting blackheads when they are tiny or better still in keeping the skin in such a healthy condition that they will never appear.

Next week I shall continue telling you of skin troubles and how they may be overcome.

Answers to Inquiries.

EVELYN H.: The only effective way to remove hair from the face is by electricity, and by an expert. Don't use a depilatory on your face. Those three pimples are a source of worry to me also, as I cannot tell you what to do with them, not having seen you, but you may rest assured that if they have been there for a couple of years you should see a skin specialist about them.

MARY H.: I wonder why so many correspondents forget to send me the required stamped, addressed envelope when they want formulas? You neglected it also. Try it

again, and I shall be glad to mail you my instructions on how I reduced Mrs. Eva Lane thirty-six pounds in six weeks.

BILLIE: You are an ambitious little girl to get up at 5 o'clock in the morning and put up your hair in kid curlers, but I think your energy might be better applied. No, I don't think the kid curlers will harm your hair in any way, but you could probably keep your hair wavy for a couple of days if you would moisten it with a curling fluid before putting it in the curlers. If you will send me a stamped, addressed envelope, I shall be glad to send you my formula for hair curling fluid.

RUTH D.: Don't let your disgust at your split and sick hair lead you to do such a foolish thing as have your hair cut off. Splitting and breaking of the hair are usually the result of external injury due to the fact that the hair has become brittle from lack of oil. Sometimes this lack of oil comes from general disturbances of the health, but much more frequently is due to improper care of the hair. The remedy is to give the hair enough oil to restore its elasticity and resistance. The broken hairs should be clipped off. If you will send me a stamped, addressed envelope I shall be glad to send you my formulas and instructions for the care of the hair which were used in making Inez Hahn's sick hair well. You did not send me a stamped, addressed envelope or I should have mailed the instructions to you.

ETTIE: There is no way you can remove the dimple from your chin. Why do you want to remove it? Dimples are usually most attractive. A twelve and one-half inch neck measure is not too much for a girl of 15. A girl five feet three and one-half inches at the age of 15 should weigh 121½ pounds.

MRS. JAMES A. K.: My series of articles on "How I Reduced Mrs. Eva Lane Thirty-six Pounds in Six Weeks" are much too lengthy to even outline in my column, but if you will send me a stamped, addressed envelope I shall be glad to mail them to you, also the other formulas for which you ask.